



Calgary

Naheed K. Nenshi, Mayor

LETTER OF RECOGNITION

In the Taoist tradition, true health is a result of the body, mind and spirit working together in harmony. The practice of Taoist Tai Chi leads one to develop a strong body, a balanced mind, and peaceful spirit. Taoist Tai Chi arts reduce stress, aid with physical illness and bring communities together worldwide.

The City of Calgary recognizes November 7, 2020 as the *50th Anniversary of Taoist Tai Chi Arts in Canada*, and acknowledges the health and social benefits of this meditative practice for participating Calgarians.

NAHEED K. NENSHI
MAYOR

